

WHAT IS CLAIMED IS:

1. An apparatus for detecting, monitoring and reporting at least one of human physiological and contextual information, comprising:

5 at least two sensors selected from the group consisting of physiological sensors and contextual sensors, said physiological sensors adapted to facilitate the generation of data indicative of one or more physiological parameters of an individual, said contextual sensors adapted to facilitate the generation of data indicative of one or more contextual parameters of said individual;

10 a processor coupled to said sensors, said processor being adapted to generate at least one of (i) derived data from at least one of at least a portion of said data indicative of physiological parameters and at least a portion of said data indicative of contextual parameters and (ii) analytical status data from at least a portion of at least one of said data indicative of physiological parameters, said data indicative of contextual parameters, said
15 derived data and said analytical status data;

a memory for retrievably storing at least one of said data indicative of physiological parameters, said data indicative of contextual parameters, said derived data and said analytical status data; and

means for transmitting to said individual at least one of said data
20 indicative of physiological parameters, said data indicative of contextual parameters, said derived data and said analytical status data.

2. An apparatus according to claim 1, further comprising a wireless transceiver for receiving information from and transmitting information to at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

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3. An apparatus according to claim 2, said information received by said wireless transceiver comprising at least one of data indicative of a physiological parameter of said individual and data derived therefrom.

10 4. An apparatus according to claim 1, further comprising means for receiving information from and transmitting information to at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

15 5. An apparatus according to claim 1, further comprising a wireless communication component for receiving information from at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

20 6. An apparatus according to claim 1, said means for transmitting further comprising a computing device coupled to said processor.

7. An apparatus according to claim 6, said computing device being coupled to said processor by a physical connection.

8. An apparatus according to claim 6, said computing device being coupled to said processor by a wireless connection.

9. An apparatus according to claim 1, further comprising means for manually entering information into said apparatus.

10. An apparatus according to claim 9, said manually entered information being stored in said memory.

11. An apparatus according to claim 9, said analytical status data being generated from at least a portion of said manually entered information.

12. An apparatus according to claim 1, further comprising a manual input device for manually inputting information into said apparatus.

13. An apparatus according to claim 12, said manually input information being stored in said memory.

14. An apparatus according to claim 12, said analytical status data being generated from at least a portion of said manually input information.

15. An apparatus according to claim 1, said means for transmitting comprising a visual output device.

5 16. An apparatus according to claim 1, said means for transmitting comprising an audible output device.

17. An apparatus according to claim 1, said means for transmitting comprising a tactile output device.

10 18. An apparatus according to claim 1, said means for transmitting comprising a computing device coupled to said processor, said processor being adapted to cause said computing device to trigger an event upon detection of one or more physiological conditions of said individual.

15 19. An apparatus according to claim 1, said processor being adapted to cause a computing device to trigger an event upon detection of one or more physiological conditions of said individual.

20 20. An apparatus according to claim 1, said apparatus further comprising a location sensing device for indicating to a computing device a location of said apparatus within a defined space.

21. An apparatus according to claim 20, said location indication causing said computing device to trigger an event.

22. An apparatus according to claim 21, said event being based on one or more physiological conditions of said individual detected by said apparatus.

23. An apparatus according to claim 20, said location indication causing said computing device to trigger an event if said apparatus detects one or more physiological conditions of said individual.

24. An apparatus according to claim 9, said apparatus monitoring the degree to which said individual has followed a predetermined routine, said analytical status data comprising feedback to said individual relating to the degree to which said individual has followed said predetermined routine, said feedback being generated from at least a portion of at least one of said data indicative of one or more physiological parameters of said individual, said derived data and said manually entered data.

25. An apparatus according to claim 12, said apparatus monitoring the degree to which said individual has followed a predetermined routine, said analytical status data comprising feedback to said individual relating to the degree to which said individual has followed said predetermined routine, said feedback being generated from at least a portion of at least one of said data indicative of one or more physiological parameters of said individual, said derived data and said manually input data.

26. An apparatus according to claim 24, wherein said routine comprises a plurality of categories and said feedback is generated and provided with respect to each of said categories.

5 27. An apparatus according to claim 25, wherein said routine comprises a plurality of categories and said feedback is generated and provided with respect to each of said categories.

28. An apparatus according to claim 26, wherein said categories include two or more of nutrition, activity level, mind centering, sleep, and daily activities.

10 29. An apparatus according to claim 27, wherein said categories include two or more of nutrition, activity level, mind centering, sleep, and daily activities.

15 30. An apparatus according to claim 28, wherein at least a portion of said feedback is in at least one of graphical and textual form.

31. An apparatus according to claim 29, wherein at least a portion of said feedback is in at least one of graphical and textual form.

20 32. An apparatus according to claim 1, said physiological sensors being adapted to generate first signals in response to physiological characteristics of said individual and said contextual sensors being adapted to generate second signals in response to contextual characteristics of said individual, a first one or more of said first signals comprising said data

indicative of physiological parameters of said individual and said second signals comprising said data indicative of contextual parameters of said individual, said processor being adapted to generate data indicative of physiological parameters of said individual from a second one or more of said first signals.

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33. An apparatus for detecting, monitoring and reporting at least one of human physiological and contextual information, comprising:

a sensor device including:

at least two sensors selected from the group consisting of physiological sensors and contextual sensors, said physiological sensors adapted to facilitate the generation of data indicative of one or more physiological parameters of an individual, said contextual sensors adapted to facilitate the generation of data indicative of one or more contextual parameters of said individual; and

a memory for retrievably storing at least one of said data indicative of physiological parameters and said data indicative of contextual parameters; and

a computing device coupled to said sensor device, said computing device being adapted to generate at least one of (i) derived data from at least one of at least a portion of said data indicative of physiological parameters and at least a portion of said data indicative of contextual parameters and (ii) analytical status data from at least a portion of at least one of said data indicative of physiological parameters, said data indicative of contextual parameters, said derived data and said analytical status data.

34. An apparatus according to claim 33, said sensor device further comprising a wireless transceiver for receiving information from and transmitting information to at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

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35. An apparatus according to claim 34, said information received by said wireless transceiver comprising at least one of data indicative of a physiological parameter of said individual and data derived therefrom.

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36. An apparatus according to claim 33, said sensor device further comprising means for receiving information from and transmitting information to at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

37. An apparatus according to claim 33, further comprising a wireless communication component for receiving information from at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

38. An apparatus according to claim 33, said sensor device further comprising means for transmitting to said individual at least one of said data indicative of physiological parameters, said data indicative of contextual parameters, said derived data and said analytical status data.

39. An apparatus according to claim 38, said means for transmitting comprising a visual output device.

40. An apparatus according to claim 38, said means for transmitting comprising an audible output device.

41. An apparatus according to claim 38, said means for transmitting comprising a tactile output device.

42. An apparatus according to claim 33, said computing device being adapted to output to said individual at least one of said data indicative of physiological parameters, said data indicative of contextual parameters, said derived data and said analytical status data.

43. An apparatus according to claim 33, said computing device being coupled to said sensor device by a physical connection.

44. An apparatus according to claim 33, said computing device being coupled to said sensor device by a wireless connection.

45. An apparatus according to claim 33, said sensor device further comprising means for manually entering information into said apparatus.

46. An apparatus according to claim 45, said manually entered information being stored in said memory.

47. An apparatus according to claim 45, said analytical status data being generated
5 from at least a portion of said manually entered information.

48. An apparatus according to claim 33, further comprising a manual input device for manually inputting information into said apparatus.

10 49. An apparatus according to claim 48, said manually input information being stored in said memory.

50. An apparatus according to claim 48, said analytical status data being generated
15 from at least a portion of said manually input information.

51. An apparatus according to claim 33, said apparatus being adapted to cause a second computing device to trigger an event upon detection of one or more physiological conditions of said individual.

20 52. An apparatus according to claim 33, said apparatus further comprising a location sensing device for indicating to a second computing device a location of said apparatus within a defined space.

53. An apparatus according to claim 52, said location indication causing said second computing device to trigger an event.

54. An apparatus according to claim 53, said event being based on one or more physiological conditions of said individual detected by said apparatus.

55. An apparatus according to claim 52, said location indication causing said second computing device to trigger an event if said apparatus detects one or more physiological conditions of said individual.

56. An apparatus according to claim 45, said apparatus monitoring the degree to which said individual has followed a predetermined routine, said analytical status data comprising feedback to said individual relating to the degree to which said individual has followed said predetermined routine, said feedback being generated from at least a portion of at least one of said data indicative of one or more physiological parameters of said individual, said derived data and said manually entered data.

57. An apparatus according to claim 48, said apparatus monitoring the degree to which said individual has followed a predetermined routine, said analytical status data comprising feedback to said individual relating to the degree to which said individual has followed said predetermined routine, said feedback being generated from at least a portion of at least one of said data indicative of one or more physiological parameters of said individual, said derived data and said manually input data.

58. An apparatus according to claim 56, wherein said routine comprises a plurality of categories and said feedback is generated and provided with respect to each of said categories.

5 59. An apparatus according to claim 57, wherein said routine comprises a plurality of categories and said feedback is generated and provided with respect to each of said categories.

60. An apparatus according to claim 58, wherein said categories include two or more of nutrition, activity level, mind centering, sleep, and daily activities.

10 61. An apparatus according to claim 59, wherein said categories include two or more of nutrition, activity level, mind centering, sleep, and daily activities.

15 62. An apparatus according to claim 60, wherein at least a portion of said feedback is in at least one of graphical and textual form.

63. An apparatus according to claim 61, wherein at least a portion of said feedback is in at least one of graphical and textual form.

20 64. An apparatus according to claim 33, said physiological sensors being adapted to generate first signals in response to physiological characteristics of said individual and said contextual sensors being adapted to generate second signals in response to contextual characteristics of said individual, a first one or more of said first signals comprising said data

indicative of physiological parameters of said individual and said second signals comprising said data indicative of contextual parameters of said individual, said apparatus further comprising a processor adapted to generate data indicative of physiological parameters of said individual from a second one or more of said first signals.

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65. An apparatus for detecting, monitoring and reporting at least one of human physiological and contextual information, comprising:

a sensor device including:

at least two sensors selected from the group consisting of

10 physiological sensors and contextual sensors, said physiological sensors adapted to facilitate the generation of data indicative of one or more physiological parameters of an individual, said contextual sensors adapted to facilitate the generation of data indicative of one or more contextual parameters of said individual;

15 a processor coupled to said sensors, said processor being adapted to generate derived data from at least one of at least a portion of said data indicative of physiological parameters and at least a portion of said data indicative of contextual parameters; and

20 a memory for retrievably storing at least one of said data indicative of physiological parameters, said data indicative of contextual parameters and said derived data; and

a computing device coupled to said sensor device, said computing device being adapted to generate analytical status data from at least a portion of at least one of said data

indicative of physiological parameters, said data indicative of contextual parameters, said derived data and said analytical status data.

5 66. An apparatus according to claim 65, said sensor device further comprising a wireless transceiver for receiving information from and transmitting information to at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

10 67. An apparatus according to claim 66, said information received by said wireless transceiver comprising at least one of data indicative of a physiological parameter of said individual and data derived therefrom.

15 68. An apparatus according to claim 65, said sensor device further comprising means for receiving information from and transmitting information to at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

20 69. An apparatus according to claim 65, further comprising a wireless communication component for receiving information from at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

70. An apparatus according to claim 65, said sensor device further comprising means for transmitting to said individual at least one of said data indicative of physiological parameters, said data indicative of contextual parameters, said derived data and said analytical status data.

5 71. An apparatus according to claim 70, said means for transmitting comprising a visual output device.

72. An apparatus according to claim 70, said means for transmitting comprising an audible output device.

10 73. An apparatus according to claim 70, said means for transmitting comprising a tactile output device.

15 74. An apparatus according to claim 65, said computing device being adapted to output to said individual at least one of said data indicative of physiological parameters, said data indicative of contextual parameters, said derived data and said analytical status data.

75. An apparatus according to claim 65, said computing device being coupled to said sensor device by a physical connection.

20 76. An apparatus according to claim 65, said computing device being coupled to said sensor device by a wireless connection.

77. An apparatus according to claim 65, said sensor device further comprising means
for manually entering information into said apparatus.

78. An apparatus according to claim 77, said manually entered information being
5 stored in said memory.

79. An apparatus according to claim 77, said analytical status data being generated
from at least a portion of said manually entered information.

80. An apparatus according to claim 65, further comprising a manual input device for
10 manually inputting information into said apparatus.

81. An apparatus according to claim 80, said manually input information being stored
in said memory.

82. An apparatus according to claim 80, said analytical status data being generated
15 from at least a portion of said manually input information.

83. An apparatus according to claim 65, said processor being adapted to cause a
20 second computing device to trigger an event upon detection of one or more physiological
conditions of said individual.

84. An apparatus according to claim 65, said apparatus further comprising a location sensing device for indicating to a second computing device a location of said apparatus within a defined space.

5 85. An apparatus according to claim 84, said location indication causing said second computing device to trigger an event.

86. An apparatus according to claim 85, said event being based on one or more physiological conditions of said individual detected by said apparatus.

10 87. An apparatus according to claim 84, said location indication causing said second computing device to trigger an event if said apparatus detects one or more physiological conditions of said individual.

15 88. An apparatus according to claim 77, said apparatus monitoring the degree to which said individual has followed a predetermined routine, said analytical status data comprising feedback to said individual relating to the degree to which said individual has followed said predetermined routine, said feedback being generated from at least a portion of at least one of said data indicative of one or more physiological parameters of said individual, said
20 derived data and said manually entered data.

89. An apparatus according to claim 80, said apparatus monitoring the degree to which said individual has followed a predetermined routine, said analytical status data

comprising feedback to said individual relating to the degree to which said individual has followed said predetermined routine, said feedback being generated from at least a portion of at least one of said data indicative of one or more physiological parameters of said individual, said derived data and said manually input data.

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90. An apparatus according to claim 88, wherein said routine comprises a plurality of categories and said feedback is generated and provided with respect to each of said categories.

10 91. An apparatus according to claim 89, wherein said routine comprises a plurality of categories and said feedback is generated and provided with respect to each of said categories.

15 92. An apparatus according to claim 90, wherein said categories include two or more of nutrition, activity level, mind centering, sleep, and daily activities.

20 93. An apparatus according to claim 91, wherein said categories include two or more of nutrition, activity level, mind centering, sleep, and daily activities.

94. An apparatus according to claim 92, wherein at least a portion of said feedback is in at least one of graphical and textual form.

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95. An apparatus according to claim 93, wherein at least a portion of said feedback is in at least one of graphical and textual form.

96. An apparatus according to claim 65, said physiological sensors being adapted to generate first signals in response to physiological characteristics of said individual and said contextual sensors being adapted to generate second signals in response to contextual characteristics of said individual, a first one or more of said first signals comprising said data indicative of physiological parameters of said individual and said second signals comprising said data indicative of contextual parameters of said individual, said processor being adapted to generate data indicative of physiological parameters of said individual from a second one or more of said first signals.

97. An apparatus for detecting, monitoring and reporting at least one of human physiological and contextual information, comprising:

- a sensor device including:
 - at least two sensors selected from the group consisting of physiological sensors and contextual sensors, said physiological sensors adapted to facilitate the generation of data indicative of one or more physiological parameters of an individual, said contextual sensors adapted to facilitate the generation of data indicative of one or more contextual parameters of said individual;

- a processor coupled to said sensors, said processor being adapted to generate analytical status data from at least a portion of at least one of said data indicative of physiological parameters, said data indicative of contextual parameters, derived data generated from at least one of at least a portion of said data indicative of physiological parameters and at least a portion of said data indicative of contextual parameters, and said analytical status data;

and

a memory for retrievably storing at least one of said data indicative of physiological parameters, said data indicative of contextual parameters and said derived data;
and

a computing device coupled to said sensor device, said computing device
5 being adapted to generate said derived data.

10 98. An apparatus according to claim 97, said sensor device further comprising a wireless transceiver for receiving information from and transmitting information to at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

15 99. An apparatus according to claim 98, said information received by said wireless transceiver comprising at least one of data indicative of a physiological parameter of said individual and data derived therefrom.

20 100. An apparatus according to claim 97, said sensor device further comprising means for receiving information from and transmitting information to at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

101. An apparatus according to claim 97, further comprising a wireless communication component for receiving information from at least one of a wireless device worn by said

individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

102. An apparatus according to claim 97, said sensor device further comprising means
5 for transmitting to said individual at least one of said data indicative of physiological parameters, said data indicative of contextual parameters, said derived data and said analytical status data.

103. An apparatus according to claim 102, said means for transmitting comprising a visual output device.

104. An apparatus according to claim 102, said means for transmitting comprising an audible output device.

105. An apparatus according to claim 102, said means for transmitting comprising a tactile output device.

106. An apparatus according to claim 97, said computing device being adapted to output to said individual at least one of said data indicative of physiological parameters, said data indicative of contextual parameters, said derived data and said analytical status data.

107. An apparatus according to claim 97, said computing device being coupled to said sensor device by a physical connection.

108. An apparatus according to claim 97, said computing device being coupled to said sensor device by a wireless connection.

109. An apparatus according to claim 97, said sensor device further comprising means
5 for manually entering information into said apparatus.

110. An apparatus according to claim 109, said manually entered information being stored in said memory.

10 111. An apparatus according to claim 109, said analytical status data being generated from at least a portion of said manually entered information.

112. An apparatus according to claim 97, further comprising a manual input device for manually inputting information into said apparatus.

15 113. An apparatus according to claim 112, said manually input information being stored in said memory.

20 114. An apparatus according to claim 112, said analytical status data being generated from at least a portion of said manually input information.

115. An apparatus according to claim 97, said processor being adapted to cause a second computing device to trigger an event upon detection of one or more physiological conditions of said individual.

5 116. An apparatus according to claim 97, said apparatus further comprising a location sensing device for indicating to a second computing device a location of said apparatus within a defined space.

10 117. An apparatus according to claim 116, said location indication causing said second computing device to trigger an event.

118. An apparatus according to claim 117, said event being based on one or more physiological conditions of said individual detected by said apparatus.

15 119. An apparatus according to claim 117, said location indication causing said second computing device to trigger an event if said apparatus detects one or more physiological conditions of said individual.

20 120. An apparatus according to claim 109, said apparatus monitoring the degree to which said individual has followed a predetermined routine, said analytical status data comprising feedback to said individual relating to the degree to which said individual has followed said predetermined routine, said feedback being generated from at least a portion of at

least one of said data indicative of one or more physiological parameters of said individual, said derived data and said manually entered data.

121. An apparatus according to claim 112, said apparatus monitoring the degree to
5 which said individual has followed a predetermined routine, said analytical status data comprising feedback to said individual relating to the degree to which said individual has followed said predetermined routine, said feedback being generated from at least a portion of at least one of said data indicative of one or more physiological parameters of said individual, said derived data and said manually input data.

122. An apparatus according to claim 120, wherein said routine comprises a plurality
10 of categories and said feedback is generated and provided with respect to each of said categories.

123. An apparatus according to claim 121, wherein said routine comprises a plurality
15 of categories and said feedback is generated and provided with respect to each of said categories.

124. An apparatus according to claim 122, wherein said categories include two or more
of nutrition, activity level, mind centering, sleep, and daily activities.

20 125. An apparatus according to claim 123, wherein said categories include two or more
of nutrition, activity level, mind centering, sleep, and daily activities.

126. An apparatus according to claim 124, wherein at least a portion of said feedback is in at least one of graphical and textual form.

127. An apparatus according to claim 125, wherein at least a portion of said feedback is in at least one of graphical and textual form.

128. An apparatus according to claim 97, said physiological sensors being adapted to generate first signals in response to physiological characteristics of said individual and said contextual sensors being adapted to generate second signals in response to contextual characteristics of said individual, a first one or more of said first signals comprising said data indicative of physiological parameters of said individual and said second signals comprising said data indicative of contextual parameters of said individual, said processor being adapted to generate data indicative of physiological parameters of said individual from a second one or more of said first signals.

129. An apparatus according to claim 1, said apparatus further comprising a location sensing device for indicating to a computing device a geographic location of said apparatus.

130. An apparatus according to claim 129, said location indication causing said computing device to trigger an event.

131. An apparatus according to claim 33 said apparatus further comprising a location sensing device for indicating to a second computing device a geographic location of said apparatus.

5 132. An apparatus according to claim 131, said location indication causing said second computing device to trigger an event.

133. An apparatus according to claim 65, said apparatus further comprising a location sensing device for indicating to a computing device a geographic location of said apparatus.

10 134. An apparatus according to claim 133, said location indication causing said computing device to trigger an event.

15 135. An apparatus according to claim 97, said apparatus further comprising a location sensing device for indicating to a computing device a geographic location of said apparatus.

136. An apparatus according to claim 135, said location indication causing said computing device to trigger an event.

20 137. An apparatus according to claim 1, further comprising a wireless communication component for transmitting information to at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

138. An apparatus according to claim 33, further comprising a wireless communication component for transmitting information to at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

139. An apparatus according to claim 65, further comprising a wireless communication component for transmitting information to at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

140. An apparatus according to claim 97, further comprising a wireless communication component for transmitting information to at least one of a wireless device worn by said individual, a wireless device implanted in the body of said individual, and a wireless device located near said individual.

141. An apparatus according to claim 1, said apparatus being adapted to receive information from a first computing device and cause a second computing device to trigger an event based on said received information.

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142. An apparatus according to claim 33, said apparatus being adapted to receive information from a second computing device and cause a third computing device to trigger an event based on said received information.

143. An apparatus according to claim 65, said apparatus being adapted to receive information from a second computing device and cause a third computing device to trigger an event based on said received information.

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144. An apparatus according to claim 97, said apparatus being adapted to receive information from a second computing device and cause a third computing device to trigger an event based on said received information.

10 145. An apparatus according to claim 1, further comprising a wireless communication component for transmitting at least one of said data indicative of physiological parameters, said derived data and said analytical status data to an electronic media device, said electronic media device including electronic media, the transmitted at least one of said data indicative of physiological parameters, said derived data and said analytical status data being used to adjust
15 one or more characteristics of said electronic media.

20 146. An apparatus according to claim 33, further comprising a wireless communication component for transmitting at least one of said data indicative of physiological parameters, said derived data and said analytical status data to an electronic media device, said electronic media device including electronic media, the transmitted at least one of said data indicative of physiological parameters, said derived data and said analytical status data being used to adjust one or more characteristics of said electronic media.

147. An apparatus according to claim 65, further comprising a wireless communication component for transmitting at least one of said data indicative of physiological parameters, said derived data and said analytical status data to an electronic media device, said electronic media device including electronic media, the transmitted at least one of said data indicative of physiological parameters, said derived data and said analytical status data being used to adjust one or more characteristics of said electronic media.

148. An apparatus according to claim 97, further comprising a wireless communication component for transmitting at least one of said data indicative of physiological parameters, said derived data and said analytical status data to an electronic media device, said electronic media device including electronic media, the transmitted at least one of said data indicative of physiological parameters, said derived data and said analytical status data being used to adjust one or more characteristics of said electronic media.

149. An apparatus for monitoring and reporting at least one of human physiological and contextual information and nutritional information, comprising:

at least two sensors selected from the group consisting of physiological sensors and contextual sensors, said physiological sensors adapted to facilitate the generation of data indicative of one or more physiological parameters of an individual, said contextual sensors adapted to facilitate the generation of data indicative of one or more contextual parameters of said individual;

means for entering food consumption information into said apparatus;

a memory for storing conversion information for converting said food consumption information into nutritional information;

a processor adapted to generate at least one of derived data from at least a portion of said data indicative of physiological parameters and analytical status data from at least a portion of at least one of said data indicative of physiological parameters, said data indicative of contextual parameters, said derived data, said nutritional information and said analytical status data; and

means for transmitting to said individual at least one of said data indicative of physiological parameters, said data indicative of contextual parameters, said derived data, and said analytical status data.

150. An apparatus according to claim 97, said apparatus monitoring the degree to which said individual has achieved one or more nutritional goals, said analytical status data comprising feedback to said individual relating to the degree to which said individual has achieved said one or more nutritional goals, said feedback being generated from at least a portion of said nutritional information.

151. An apparatus according to claim 98, wherein at least a portion of said feedback is in graphical form.